



DESHI MIX
BY SALINA PARVIN



'Jack' in all dishes

Summer is in full swing and one can easily spot roadside vendors selling unripe jackfruits. Although many find the ripe fruits unpalatable, treated as a vegetable the fruit makes quite extraordinary 'deshi' dishes. Apart from being a novelty on the dinner table, jackfruit serves as an excellent source of vitamin A, B1, B2, and C, and a good source of dietary fibre, niacin, thiamine, and folate. It also contains important minerals like potassium, phosphorous, copper, zinc, manganese, and selenium.

HOW TO PREPARE RAW JACKFRUIT TO COOK —

Spread out three layers of newspapers on the floor or your table. Apply generous amounts of oil onto your knife/sickle blade and onto your hands to prevent the sap from sticking to your knife, fingers and hands.

Chop jackfruit in the middle, into two halves; wipe clean the white sap that drips off using a paper napkin. Chop it further into halves. Cut off the outer skin of raw jackfruit until you get a smooth surface and the thorny peel is all gone.

Now chop the raw jackfruit pieces into thin slices or cubes depending on how you want to use them in cooking. Add the raw jackfruit pieces into a bowl containing water with a pinch of turmeric powder (to prevent the discolouration). This process also helps wash off the excess sap. You are done prepping raw jackfruit for cooking.

JACKFRUIT CUTLET

Ingredients

2 cup raw jackfruit, cut into large pieces

2 tbsp chickpea flour
¼ cup chopped onions
6 green chillies, chopped
½ bunch coriander leaves, chopped
1 tsp red chilli powder
½ tsp turmeric powder

½ tsp garam masala powder
Salt to taste
Oil for frying

Method

In a pan, boil the raw jackfruit pieces with salt and turmeric powder for 10 minutes.



Cook till the water evaporates. Remove from flame and allow it to cook down. Mash them and add the remaining ingredients, except oil. Mix well, knead into a soft dough. Divide into balls, flatten into rounds. Heat oil in a pan. Fry the cutlet till golden brown. Serve hot with tomato sauce.

JACKFRUIT DALNA

Ingredients

500g raw jackfruit
1 cup chopped potatoes
3 tbsp oil
Salt to taste
½ tsp freshly ground black pepper powder
½ tsp sugar
1 tbsp ghee
2 bay leaves
¼ tsp cumin seeds

To be blended into a smooth paste —

2 tbsp chopped coriander leaves
1 tsp cumin seeds
1 tsp turmeric powder
2 green chillies
1 tsp garam masala powder
Water as required